

127 Hours of Cedar City/Brian Head - Adrenalin Tour – Southwest Utah Style

Great outdoor adventure shouldn't cost an arm and a leg - figuratively or literally. In Scenic Southern Utah there is grand adventure to be found for all levels of adventure seekers at an exceptional value. You'll go canyoneering down waterfalls, mountain biking, safely hike a slot canyon, take in the red rock hoo-doo and fin formations at Cedar Breaks National Monument or relax under the stars at the outdoor theatre of the Tony Award winning Utah Shakespeare Festival. Presented below is a safe and memorable way to spend 127 hours without risking life or limb.

Day 1

Arrive Cedar City, Utah

Welcome to Southern Utah!

Stop at the Visitor Center for the "Inside Scoop" on discovering Southern Utah

Cedar City ~ Brian Head Tourism Bureau

581 North Main Street, Cedar City

www.ScenicSouthernUtah.com

Hike and Explore Cedar Breaks National Monument

Cedar Breaks National Monument - Designated as a National Monument this red rock scenic gem with the varied hues of mineral rich soil and rock formations. Set high atop the Markagunt Plateau, Cedar Breaks is a natural amphitheater rich in color and delicate in form. Stands of Bristlecone Pines, the world's oldest living tree species, grow in abundance along the rim along with broad meadows containing over 150 species of wildflowers. www.nps.gov/cebr

Recommended "Inside Scoop" Hikes:

Bristlecone Trail

Spectra Point

Alpine Loop

BBQ and Campfire Program at Cedar Breaks National Monument

Overnight: **Grand Lodge at Brian Head**

Day 2

AM Activity – Mountain Bike, Disc Golf, Scenic Sky Lift

Brian Head is southwest Utah's premier mountain biking area referred to by OUTDOOR ACTION MAGAZINE as "Downhill of the Gods". Located at 10,000 feet, Brian Head has over 100 miles of downhill, single-track and an additional 100 miles of cross-country trails. Brian Head Resort features Utah's largest mountain bike park with 5,000 ft descents and pro designed freestyle elements. Many of Brian Head's trails are accessed by pre arranged shuttle or by the Sky Lift on the weekends.

Brian Head Sky Lift – Escape to a cool 11,000 ft. by riding the Giant Steps Scenic Sky Lift. The Scenic Sky Lift ride is fun and safe for all ages. Get off at the top of the lift and take a hike, or just relax and enjoy a picnic. Whichever you choose, you can hike, bike or reload the lift and enjoy the return trip.

Disc Golf - The total distance of the course is 10,000 feet. All holes are par three. If you plan on playing all 18 holes, allow two to three hours, or shorten your game by hiking down and playing the bottom nine.

Mountain Bike

Mountain Biking at Brian Head Resort – The Sky Lift provides the uphill exertion and from the top gravity takes over as you access over 200 miles of scenic and exhilarating mountain bike trails.

Bunker Creek (intermediate ride) 12 miles – Point to Point, shuttle provided
With a couple of ridge climbs, the trail is mostly downhill, so expect a fast exhilarating cruise. Riding is relatively easy, notwithstanding the 11,000 feet elevation. From the ridge you will take in spectacular views. Be prepared for a few quick turns, the occasional boulder and a few tree roots.

Dark Hollow (advanced ride) 14 miles – Point to Point, shuttle provided
From Utah's highest peak this trail is one of contrasting surroundings. From the alpine tundra, the trail drops 5,000 feet through lush forest to red rock desert. Two small climbs, some rocky descents and loose gravel; the rest is a downhillers dream come true.

Lunch at fabulous **Pizano's Pizzeria**

Afternoon Activity: Canyoneering Adventure

Canyoneering: **Benson Creek** (3 hours with 4 rappels – longest rappel 105 feet)
A scramble up a rock scree starts your journey as you ascend the route which will take you to what some refer to as the "nether regions of southern Utah". Four rappels await, each with a different perspective of beauty and challenge.

NOTE ***A SAFER WAY TO CANYONEER:

***Gear and guide can be provided by Southern Utah University Outdoor Rec Center
Additional Canyoneering information can be found at local outfitter: Canyon and Craggs
(the owner is also president of the National Canyoneering Association)***

Dinner: **Leany's Steak House**

Overnight: **Grand Lodge at Brian Head**

Day 3

Hike **Kannara Creek Falls** (Approximately 4 hours- water shoes preferred)
This hidden gem of southern Utah, follows a cool creek bed that gives hikers a slot canyon experience without an all day commitment and hassle of a permit required to hike neighboring Zion "Narrows" and "Subway". Located on BLM land, this water hike is a photographers dream. Narrowing canyon walls, light filtered through wispy trees – this is truly a spectacular hike.

Pack a Sack lunch – carry plenty of water.

Overnight: Cedar City

Day 4

Depart for **Kolob Canyon - Zion National Park**

Kolob Canyon, though not as well known as the main canyons of Zion proper, is as spectacular (and much less crowded). These rugged, red, Navajo sandstone canyons have a unique geologic history and are home to a diverse animal and plant life.

www.nps.gov/zion

Hike **Taylor Creek** (3 hours – 5 miles) this hike follows the middle fork of Taylor Creek past two homestead cabins to the dramatic **Double Arch Alcove**. Rated “moderately difficult”, this is an “out and back” hike. The length (5 miles), the up and down terrain and water crossings on some parts of trail requires the hiker to take a slower pace. The turn around point is the picturesque “double arch alcove”. The spectacular scale of this cavern with water weeping from its cracks has to be seen in person to really appreciate the grand scale of this natural beauty.

Day 5

Visit **Parowan Gap**

Listed on the National Register of Historic Places, Parowan Gap is nationally recognized due to the number and quality of its ancient petroglyphs. The site is heralded as a kind of a “gallery” of exquisite and well-preserved American Indian rock carvings.

Discover the **Frontier Homestead Museum State Park**

Step back in time and experience living in a pioneer cabin, printing on a 19th century press and rug weaving on a 100 year old loom. Wander through the rare and extensive collection of wagons, buggies, sleighs and stagecoaches. The “Homestead” preserves the natural and cultural resources of the past and provides education, recreation and inspiration for future generations.

Utah Shakespeare Festival - Green Show

Enjoy pre-show entertainment on the green surrounding the Adams Theatre featuring spirited song and dance. Add Elizabethan sweets, and you'll have a fun-filled frolic to prepare you for the main stage performance. www.bard.org.

Utah Shakespeare Festival – Performance

2011 marks 50 years for the Tony Award winning Utah Shakespeare Festival. Choose from three traditional Shakespearean plays performed as well as three non-Shakespeare performances. Enjoy the indoor Randall Theatre or a night under the stars in the replica “Shakespeare in the Round” outdoor Adams Theatre.

Explore **National Scenic Byway 143 - Patchwork Parkway**

Like blocks of a quilt, this 51 mile route weaves through an astounding patchwork of historic towns, geological formations, vegetation, wildlife habitat and recreational opportunities. Stunning flickering aspens and native plants add to the “patchwork” of color.

Hike **Hidden Haven** (1 mile – ½ - 1 hour – “easy-moderate”)

Trail winds through a wildlife study and follows a riparian zone along a stream bed. The turn around point ends at a 20 foot waterfall gently cascading down granite rock.

Wave Goodbye to southwest Utah (with both arms still attached).

The Cedar City ~ Brian Head Tourism Bureau is happy to help plan adventures for all levels. More activities can be found at our website: www.ScenicSouthernUtah.com or call 1-800-354-4849.